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EC9911 Suggestions for the Lunch Box

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COOPERATIVE EXTENSION WORK
IN AGRICULTURE AND HOME ECONOMICS

U. of N. Agr. College & U. S. Dept. of Agr. Cooperating
W. H. Brokaw, Director, Lincoln

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SUGGESTIONS FOR THE LUNCH BOX

The palatability of the packed lunch depends upon the forethought and skill of the sandwich maker. Several points that should be remembered are:

1. Sandwich fillings should be moist but not soft enough to soak the bread. The fillings may be prepared beforehand and stored in jars in a cool place.
2. Shredded carrots, cabbage, etc., may be used to give a crispy texture.
3. Day-old bread is preferable since it slices nicely.
4. Dark breads such as whole wheat, graham, raisin, rye, oatmeal, and date breads are excellent for sandwiches.
5. Butter should be creamed before using and spread evenly to the edge of the bread.
6. All ingredients of fillings should be chopped, ground or flaked. Add a little top milk or salad dressing to give the spreading consistency.

The first named ingredient in the following sandwich fillings should be used as the main one with others used for seasonings.

1. With meat, fish or egg
 1. Meat with onion
 2. Meat with grated carrot
 3. Liver, minced, with top milk, onion juice, and bacon strips
 4. Salmon, apple and peanuts
 5. Salmon, shredded cabbage, onion
 6. Egg and cream, crisp bacon
 7. Liver or meat loaf sliced
2. Cheese
 1. Cottage cheese and nuts
 2. Cottage cheese, dried fruits, and peanuts
 3. Cottage cheese, minced onion, or green pepper, on brown bread
 4. Chopped raw beets, cottage cheese
 5. Cream cheese, honey
 6. Softened cream cheese, onion juice, tomato juice
3. Dried Fruits and vegetables
 1. Bacon, sliced onion
 2. Mashed baked beans, onion, on brown bread
 3. Dried figs, stewed, creamed cheese, graham bread
 4. Raisins, figs or dates, peanut butter
 5. Shredded carrots or chopped cabbage, salad dressing
 6. Beets chopped with cabbage
 7. Chopped onions and raisins
 8. Sliced onion on whole wheat bread
4. Peanut butter or peanuts
 1. Ground peanuts and raisins
 2. Peanut butter, apples, and honey
 3. Peanut butter, diced crisp bacon
 4. Peanut butter, shredded carrots, salted

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